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That very phrase was said at the Wildrose AGM

Find out the fallout in **metroNEWS**

Edmonton's true death toll from opioids revealed

metro EXCLUSIVE

**52 fatally overdosed
from fentanyl, 63
from other opioids**



**Kevin
Maimann**
Metro | Edmonton

Despite the headlines, fentanyl is not the overwhelming opioid killer it was thought to be in Edmonton.

New numbers in the provincial government's Opioids and Substances of Misuse Alberta Report show more people in Edmonton fatally overdosed on other types of opioids.

While 52 people fatally overdosed on fentanyl in Edmonton from January through September this year, 63 fatally overdosed on opioids other than fentanyl.

"What it really says is you need to approach the problem of overdoses as comprehensively as possible," said Elaine Hyshka, assistant professor with the University of Alberta's school of public health.

"Focusing just on one substance or another substance, or whatever tends to be in the news cycle at the time, is not a comprehensive approach."

Fentanyl still tops the province-wide opioid death toll, at 193, while deaths from other opioids have hit 143 so far this year.

Hyshka said the new collection of comprehensive overdose stats, as well as the recent announcement of funding for supervised consumption sites, are steps in the right direction for addressing drug misuse in Alberta.

Dr. Hakique Virani, a public health doctor and director of Metro City Medical Clinic, said the numbers show prescription opioids are a huge problem, particularly among users in the inner city.

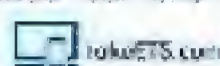
"We had suspected that they were also using other prescription opioids. So this confirms that this is indeed the case," he said. "We continue to have a serious problem with prescription opioids in addition to illicit (like fentanyl)."

People who identify as indigenous have a 5.5 times higher emergency visit rate related to opioid and narcotic use than people who do not identify as indigenous.

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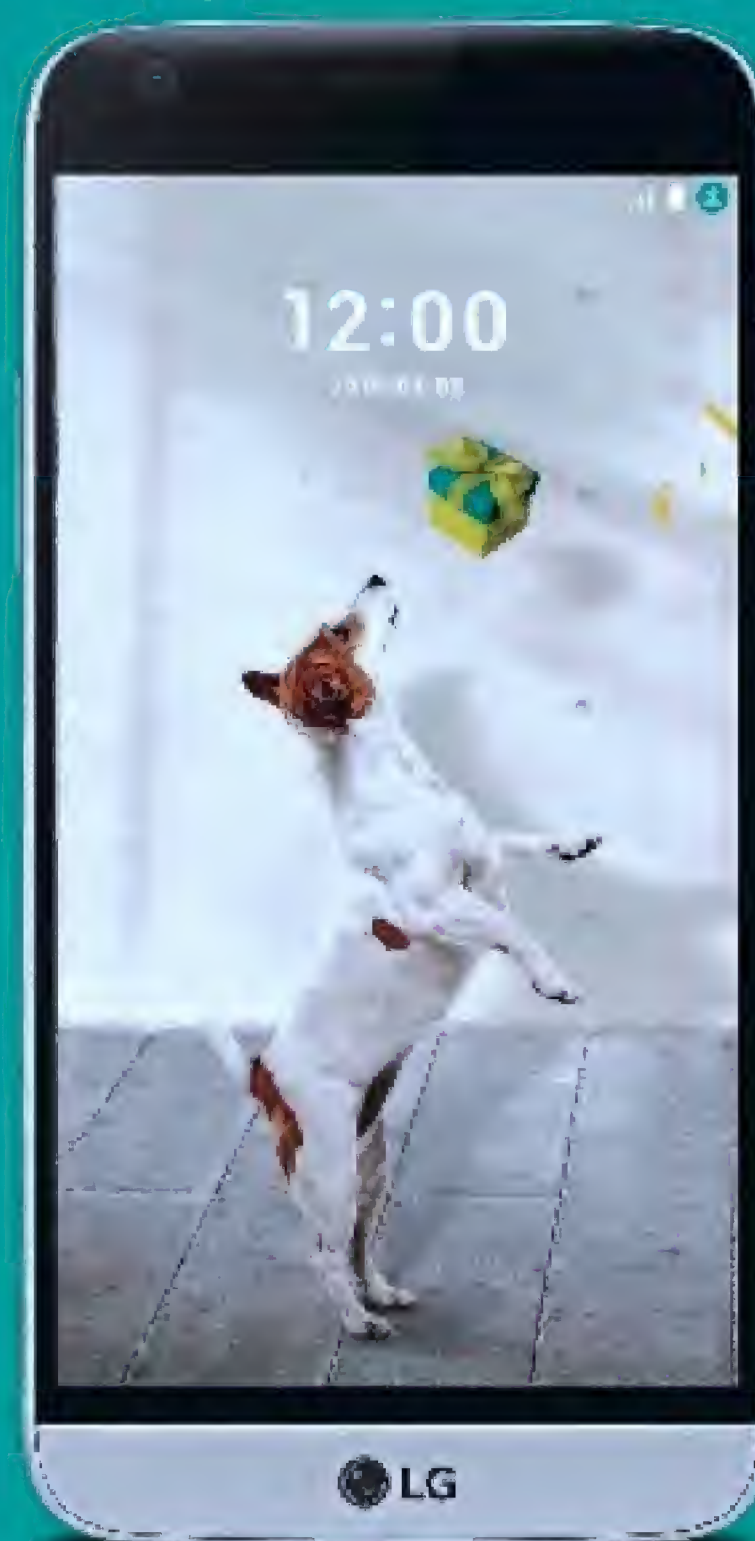


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SIDEWALKS

Iveson pushes for obstruction information



Jeremy Simes
Metro | Edmonton

Rahul Deol says it wouldn't be a bad idea for construction sites to make room for pedestrians jaunting downtown.

On Monday, Mayor Don Iveson seemed to agree, issuing an inquiry into sidewalk and shared use path obstructions and requesting administration determine if blockages can be reduced.

Obstructions have become so commonplace that Deol has just gotten used to it.

"You can complain, but it's just the way it is," he said. "So I've learned to live with it."

Iveson's said many city signs are large and have collapsible bases that occasionally blow over on to sidewalks, adding the city could use signage that's better.

He also said the city may be missing a policy to keep a lanes open for pedestrians.

"I understand that frustration," he said. "You encounter these things and you get detoured. I think we need to be considerate to all users of the road, including those pedestrians, cyclists and persons with mobility challenges."

Iveson said the city doesn't seem to be consistent with how it obstructs sidewalks, whether that's with signs or materials.

"I would like to see consistency with how the city does this," he said, "and some greater regard than I think we have today for the safe passage of sidewalk users, particularly for people with mobility challenges."

Scarred but not flawed

PHOTOGRAPHY

'My accident was tragic — but it doesn't mean my life is sad'



Alex Boyd
Metro | Edmonton

Joy Zylstra was nine years old when she walked into a family cabin — where the propane stove was leaking and filling the room with invisible gas — and lit a match.

The explosion changed her life: She is scarred from the second and third degree burns she sustained more than two decades later.

But it's not Zylstra's scars that are most striking in her photos, which are part of a new photo series called the SCARS Project by Edmonton's Lorna Dancy.

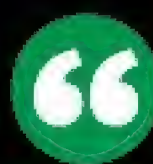
"When I look at those photos I see myself letting loose and not the scars," Zylstra said.

The SCARS Project is Dancy's latest work to explore beauty.

"I wanted to use my photography to inspire people to not judge a book by its cover, to inspire kindness and show that people have a story that isn't known to people," she said.

She started taking photos four years ago, and says she's probably learned more about people than photography since then.

"It was a gift, but it's also disheartening, because people, especially women, would be so hard on themselves," she said.



I've accepted my scars for years now but sometimes I still look in the mirror and say, 'Why?'

Joy Zylstra

Joy Zylstra says she loves her photos from the SCARS project because they emphasize her personality, not her scars.

LORNA DANCY PHOTOGRAPHY/CONTRIBUTED

The realization kickstarted a desire to show people what she saw in them, which eventually led to the SCARS project.

Zylstra said she has lived much of her life as an "obvious outcast" because of her scars.

She said she was initially nervous to participate in the project, but the message — that

people shouldn't be so quick to judge appearances — was too important.

"I've had to live my life with people pointing and staring and being disgusted and scared, I never really knew how to fix that," Zylstra said.

Zylstra added that adults are often the worst about her scars.

Kids are curious, but it's their parents that often whisper and stare.

"I've accepted my scars for years now but sometimes I still look in the mirror and say, 'Why?'"

She said the online response to the photo series has helped her, and she's started a Fa-

cebook page called Scarred, not Broken, to lend support to others.

"My accident was tragic and it's a sad story, but it doesn't mean my life is sad — and that's what I see in those pictures."

The SCARS project is currently available on Dancy's Facebook page.

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Renewable energy ensures renewable jobs: Advocates

EMPLOYMENT

Plan coming to get oil and gas employees back to work



Ameya Charnalia
For Metro | Edmonton

After being laid off along with several thousand fellow oilpatch workers, Delia Warren decided to start advocating for the renewable energy industry.

A mechanical engineer by training, this summer she decided to join Edmonton-based Iron and Earth, an organization led by tradespeople who have worked in Canada's oilpatch.

The organization is now releasing its Workers Climate Plan to get oil and gas employees back to work — not in the oilpatch but in renewables instead.

The plan calls for a build-up of the renewable energy sector through upgrading the skills of workers using short-term training programs, as well as upgrading renewable energy infrastructure.

Current oil and gas workers can find employment in the renewable energy sector with minimal training, said Warren.

"This singular focus in our economy towards oil and gas has only failed workers and



Randall Benson, a member of Iron and Earth and a former oilpatch worker, says renewable energy is the way of the future.
AMEYA CHARNALIA/FOR METRO

their families. We want to take a diversified approach," she said.

There is enough empty space in Alberta to ensure 150 years of work installing solar electric systems, said Randall Benson, a member of Iron and Earth and a former

oilpatch worker.

For close to a decade, Benson has run Gridworks Energy Group — an electrical contracting company specializing in the design and installation of grid-connected solar electric systems.

The company also trains

people to work in renewables, including oilpatch workers looking to transition into that industry. Much like other energy industries, Benson said, the government needs to step up its support of renewables through subsidies, incentives and tax breaks.

"People who work for me are incredibly happy and very proud of the work that they do because they're doing a lot of good," he said.

"They're helping the environment and they're still putting food on their table and paying their mortgages."

EDUCATION

Don't sell school sites: Coalition



Kevin Maimann
Metro | Edmonton

A coalition led by Public Interest Alberta is calling for the city to reverse its decision to sell two surplus school sites to private schools.

"We think it's something that's really shortsighted in a lot of different ways," executive director Joel French said Monday.

Public Interest Alberta was joined by the Edmonton District and Labour Council and Unifor Local 52A in its call to reverse the decision Monday.

Public land declared as surplus by school boards is usually saved for densification efforts like affordable housing, but last month a council committee recommended the sale of one site in the northeast to an Islamic school and one in the southeast to a Sikh school.

French said surplus sites have never been sold to private interests in Edmonton, Red Deer or Calgary, and the move could set a "really bad precedent."

Edmonton Public School Board Chair Michael Janz said earlier this month he was shocked and disappointed by the move.

The sales have to go through a public hearing in 2017 to get approval for rezoning before the private schools can be built.

The principal of Headway school, which would move into Kiniski Gardens at 38 Avenue and 38 Street to offer Punjabi language and Sikh religion classes, has rejected the idea that it would pull from public schools in the area — saying students would bus in from across the city.

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'Make Alberta great again': Wildrose chief

POLITICS

Remark that drew parallels to Trump race sparks outrage



Jeremy Simes
Metro | Edmonton

"Let's make Alberta great again."

That's what Wildrose MLA Derek Fildebrandt said at the party's annual general meeting over the weekend, causing some social media users — including the Alberta NDP — to parallel the Wildrose with Donald Trump's U.S. presidential campaign.

On Monday, Mount Royal University political scientist Lori Williams said it wasn't wise for Fildebrandt to make such a similar statement.

She said it lets voters draw comparisons to Trump, even though most Canadian conservatives are more moderate than he is.

"Using that phrase leaves the Wildrose open to these charges," she said. "I think it was meant



Alberta is hurting right now, but that doesn't mean we're not great.

Progressive Leadership contestant Sandra Jansen



MLA Derek Fildebrandt said, 'Let's make Alberta great again,' at the party's annual general meeting. Many on social media didn't appreciate the implications. CP FILE

to generate discussion, which could make people shy away from them."

The Wildrose didn't respond to Metro's request for comment by press time.

On Friday, Wildrose Leader Brian Jean painted a bleak picture of the province. He said Alberta is rife with poverty, crime and young people being trafficked in the sex trade.

Progressive Leadership contestant Sandra Jansen, who is against unifying both the Wildrose and the PCs, found Jean's

speech disheartening.

She said "Let's make Alberta great again" is just another slogan, like "Unite the right."

"I think that slogan does a disservice to the people working hard in this province," Jansen said. "Alberta is great. It's a great province. Alberta is hurting right now, but that doesn't mean we're not great."

Williams said "Make Alberta great again" makes it more difficult for a merger between the Wildrose and PCs.

"Those sorts of comments are

going to feed the narrative and make people more reluctant to the Wildrose or the party that possibly merges with the Wildrose," she said.

Williams also said some Wildrose members and MLAs might be frustrated with the statement, and its social conservative associations.

However, she said, some members are social conservatives, causing her to question if the leader of a merged PC and Wildrose party could control outbursts from such members.

HOMELESSNESS

Report spurs calls for affordable home



Alex Boyd
Metro | Edmonton

Advocates say a report on homeless camps delivered to a city committee Monday shows the need for more affordable housing.

The city cleared away 951 homeless camps from the river valley in the first half of 2016, according to the report — a significant increase from the 714 camps removed in all of 2015.

The report was submitted to the committee at the request of Coun. Scott McKeen, who asked back in July not only about the number of camps but about the cost of cleaning them up, and the process of helping the people living there.

The report authors argue the uptick in numbers is partially due to more intensive clean up and outreach efforts.

But agencies say there are still gaps.

"We have a lot of individuals that the team works with who need housing but also need appropriate housing that's going to provide them with the appropriate level of support," said Aidan Inglis, with Boyle Street Community Services.

He said addiction treatment and mental health supports are especially in demand.

Giri Puligandla with Homeward Trust echoed the sentiment.

He said the city lacks affordable housing options and many don't have the income necessary to find somewhere to live.

"So until we start to address some of these systemic issues, we will face an uphill battle to finding places for people," he said.

McKeen is calling on the city to create a strategy for homeless housing.

IN BRIEF

Trucking company says racist slur sticker 'a joke'



Josie Lukey
For Metro | Calgary

A photo taken of a truck with a sticker above the front grill has gone viral on social media as a result of its derogatory language towards indigenous women.

The sticker, which read "One Squaw Too Many," was spotted in the area of Grande Cache, Alta. and has some wondering if

charges should be laid for hate speech.

Grande Cache RCMP confirmed they received a complaint about the truck and have dealt with the matter, declining to go into anymore detail.

No charges have been laid against the company.

Metro reached out to truck owner Larry's Water Hauling and spoke to a representative, who declined to give a name.

They said the sign was meant as a joke to talk one driver into leaving his significant other.

SPORTS

Soccer Association gets ball rolling on 'badly needed' field, facility expansion

Practice times are so scarce at the South Soccer Centre that teams are strapping on their cleats around 11 p.m. for soccer drills.

On Monday, the city's community and public services committee granted the Edmonton Soccer Association (ESA) prepare and fund schematics for additional

fields at the South Soccer Centre, so that the organization can get moving on construction of the new fields more quickly.

In fact, Edmonton's three indoor soccer centres are currently at 95 per cent capacity for winter utilization.

"It's badly needed," said Adrian Newman, president

of the ESA.

"There's no practice time. Kids now have to play at 7 a.m. on the weekends. There is just no space."

The ESA is proposing to build two new fields.

One will be used for soccer, while the other will be used for concrete sports, like ball hockey.

The organization plans on constructing a separate building that will be linked to the current facility.

The cost for the schematics will cost the ESA \$170,000, Newman said. The total project will cost about \$15 mil-

lion.

He expects that the facility will be open in mid-July of 2019.

The ESA also approached Northlands to see if the organization would be open to creating space for soccer players.

"If it was a separate building on their site, that could probably work," he said, adding it would be difficult to operate in the Coliseum.

The city is also currently investigating the repurposing of the Coliseum into a multipurpose sport facility.

JEREMY SIMES/METRO

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Judge changes Vader verdict

COURT

'I accept that it was an error': Justice Denny Thomas

A judge has changed his flawed murder verdict to manslaughter in the high-profile case of Travis Vader — a satisfying fix for the family of two missing seniors he was convicted of killing, but one the defence says is bound for a higher court.

Queen's Bench Justice Denny Thomas convicted Vader in September of second-degree murder in the deaths of Lyle and Marie McCann.

The couple, in their late 70s, disappeared after setting out from their Edmonton-area home to go camping in British Columbia in July 2010.

Their burned-out motorhome and a vehicle they had been towing were discovered in the days that followed. Their bodies have never been found.

In finding Vader guilty of murder, Thomas mistakenly used Section 230 of the Criminal Code, which the Supreme Court de-



Edmonton judge changes Travis Vader verdict to manslaughter. THE CANADIAN PRESS FILE

clared unconstitutional in 1990. The government didn't remove the section from the book as antiquated laws are rarely repealed.

"I accept that it was an error," Thomas told court Monday as lawyers argued over whether there should be a mistrial.

He then quickly vacated the

murder verdict and found Vader guilty of manslaughter instead. The judge gave no reasons and said a written decision would come later.

"I am glad to see this come to an end," said Bret McCann, the couple's son, when reached by phone.

He said a manslaughter verdict still means Vader will be going to prison and the public will be safe. It may also mean more answers.

"At some point in the future, he will be looking for parole, and I am hoping that he shows remorse and lets us all know where my parents' bodies are."



I am glad to see this come to an end.

Bret McCann

Thomas said in his original verdict that Vader was a desperate drug addict who came across the couple in their RV and shot them during a robbery. He said he found no evidence Vader intended to kill the McCanns and ruled out a planned and deliberate first-degree murder.

Section 230 allowed for a second-degree murder verdict if a killing occurred during the commission of another crime such as robbery. Otherwise, there had to be intent to cause death or bodily harm known to likely cause death.

Law experts have said a judge has never before cited the old section in a verdict and the mistake was huge.

The Crown argued the judge could fix the error by using another section of the Criminal Code to convict on second-degree murder or by substituting the verdict with manslaughter.

THE CANADIAN PRESS

ENVIRONMENT

Carbon plan to shrink GDP

Alberta released estimates Monday showing its climate change plan will shrink the economy in the short term, but Environment Minister Shannon Phillips said the figures are a work in progress.

The province estimates the economic impact of the plan will be 0.3 or 0.4 per cent of the GDP by the year 2022, which translates into slower growth of .05 per cent per year during that time.

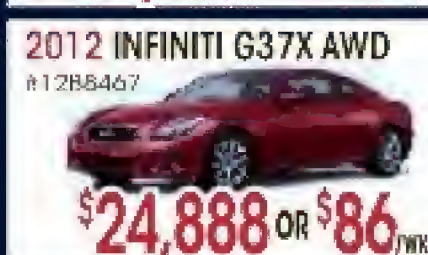
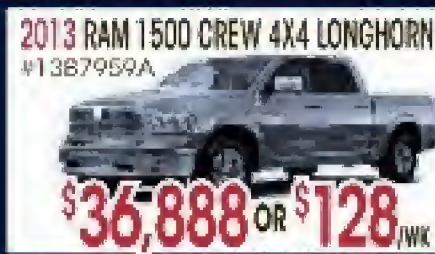
It also estimates that getting a pipeline to tidewater, which would give Alberta a better price for its oil, would more than offset the input costs on the carbon plan.

Phillips said the numbers are preliminary and don't take into account the expected growth of a diversified energy industry.

"That (number) does not factor in all of the other investments that we expect will come, not the least of which is at a minimum about \$10 billion in new private sector investments in renewables over the next few years," Phillips told reporters. THE CANADIAN PRESS

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MONTREAL

Journalist's phone tracked, La Presse says

A Montreal journalist whose iPhone was monitored by police for months says he was outraged to discover he'd been "spied on" as part of what he calls an effort to identify his sources.

"I was living in the fiction that police officers wouldn't dare do that, and in the fiction that judges were protecting journalists — and hence the public — against this type of police intrusion," La Presse columnist Patrick Lagace said in an interview Monday.

"Clearly, I was naive."

The French-language newspaper said it learned at least 24 surveillance warrants were issued for Lagace's phone this year at the request of the police's special investigations unit. That section is responsible for looking into crime within the police force.

Three of those warrants reportedly authorized police to get the phone numbers for all Lagace's incoming and outgoing texts and calls, while another allowed them to track the phone's location via its GPS chip.

The surveillance was ordered as part of an internal probe into allegations police anti-gang investigators fabricated evidence.

Five police officers were arrested this summer and two were charged as a result.

THE CANADIAN PRESS



Patrick Lagace

SASKATCHEWAN

Another 'tragic' suicide

There is more heartbreak in northern Saskatchewan where another indigenous girl has committed suicide — the sixth in the province this month.

The NDP Opposition said the 13-year-old took her life on Sunday in La Ronge, about 250 kilometres north of Prince Albert.

"This is unspeakably tragic, each one of these losses," Premier Brad Wall said Monday.

THE CANADIAN PRESS

Immigration goals called 'anti-climactic'

FEDERAL GOVERNMENT

Keeping levels at 300,000 disappointing for many

Ottawa will bring in the same number of immigrants in 2017 as it did in 2016, despite calls from think tanks, the corporate sector and advocacy groups to admit substantially higher numbers of newcomers.

The news of the plan to keep the immigration level at 300,000 on Monday was a

bombshell to many after a summer of public consultations where Immigration Minister John McCallum had repeatedly hinted at "substantially" boosting the number of immigrants and rolling out multiyear targets to manage immigration.

The new plan represents a higher target for economic immigrants from 160,600 in 2016 to 172,500 in 2017, and for family reunification from 80,000 to 84,000 — at the expense of the admission of refugees from 55,800 to 40,000.

At least two national interest groups recently recommended the government increase im-

In politics, you can't always please everybody.
Immigration Minister John McCallum

migration amid Canada's aging population and low birth rate, to sustain the country's economic growth and support its strained health-care and pension systems.

"This is almost anti-climactic. With all the buildup and rumours, not much is done," said Toronto immigration lawyer Chantal Desloges, who called the government decision a "safe, conservative choice" to avoid anti-immigrant backlash

among voters.

Added Debbie Douglas of the Ontario Council of Agencies Serving Immigrants: "We are all surprised. ... There appeared to be a consensus even among the bureaucracy that we needed to increase the target to at least 1 per cent of the population."

The Liberal government's 2017 immigration target will keep the immigration level in check at 0.86 per cent of the

population.

"What we did was from 2011 to 2015, we took in an average of 260,000 immigrants. Then we jumped to 300,000 because of the Syrian refugees. It wasn't permanently funded," McCallum said.

"What we've done now is we set the 300,000 target for 2017 as the foundation from which we can grow immigration in the future. We shifted the composition a bit with more emphasis on economic immigrants. Refugees are twice as high in 2015 but not as high as 2016."

TORSTAR NEWS SERVICE



DRACULA'S CASTLE THE SPOOKIEST OF NIGHTS Canadian brother and sister Robin and Tami Varma passed Halloween night curled up in red velvet coffins in the Transylvanian castle in Bran, Romania that inspired the Dracula legend. It is the first time in 70 years anyone has spent the night in the gothic fortress, after they bested 88,000 people who entered a competition hosted by Airbnb to get the chance to dine and sleep at the castle. VADIM GHIRDA/THE ASSOCIATED PRESS



FIRST NATIONS

Under fire, Liberals support child-welfare motion

The federal Liberals will vote to support an NDP motion Tuesday that calls for an immediate \$155-million cash injection for First Nations child welfare services, says Indigenous Affairs Minister Carolyn Bennett.

The decision — governments don't typically support opposition motions — followed political pressure brought to bear on the government by Sen. Murray Sinclair, the former chairman of

the Truth and Reconciliation Commission.

"We are all on the same page in terms of, we want the kinds of changes that really will be the real reform," Bennett said Monday outside the House of Commons.

In an interview, Sinclair called it impossible to overstate the importance of the federal government complying with an order from the Canadian Human Rights Tribunal to properly fund child

Canada's policies have led to failed interventions.
Sen. Murray Sinclair

welfare services on reserve.

The tribunal's original decision, delivered in January, concluded the government was discriminating against First Nations children in the way it delivers those services. Two subsequent compliance orders from the tribunal went unheeded, critics say.

"Canada's discriminatory policies have led to greater failed and failing interventions into the lives of indigenous families than the residential schools and serious changes must be undertaken," Sinclair said.

"Immediate action is required," he said. "I encourage

members of the House to support the motion proposed by member of Parliament Charlie Angus."

Bennett also said Monday the government is willing to sit down with the parties in the case through a facilitated process with The Canadian Human Rights Commission.

"The reason we want to sit down with the Canadian Human Rights Commission is to be able to stop talking past one another." THE CANADIAN PRESS

NATURAL DISASTER

Italian town is 'dead and buried'

Residents of a mountainous region of central Italy displaced by a series of powerful earthquakes resisted relocation Monday and appealed for campers and tents so they could remain close to their homes and businesses.

The latest quake on Sunday morning — with a magnitude 6.6, the strongest to hit Italy in 36 years — caused no deaths or serious injuries, largely because most vulnerable city centres already had been closed due to previous damage and many homes vacated.

But it did complicate relief efforts in a fragile zone still coping with the aftermath of an August earthquake that killed nearly 300 and a pair of damaging aftershocks last week.

Civil protection officials said the number of people needing housing has risen by 15,000 since Wednesday, a figure that does not include the 2,000 who remained displaced from the August quake.

Although thousands already have been moved to coastal regions out of harm's way, a growing number of quake-stricken communities are insisting on staying put. They say they have businesses to tend to, not infrequently involving livestock, or think that if their homes are still standing they remain the safest place to be.

On Monday, some 20 people remained in the hilltop town of Castelluccio, which aerial video shot by Italian firefighters show was all but razed on Sunday. The town is famous for its lentils and its spectacular display of wildflowers, and the residents who stayed behind include farmers and shepherds sharing a camper and two containers they organized themselves, according to the news agency ANSA.

"This town is dead and buried," Adorno Pignatelli told ANSA. "But we will continue to grow flowers because we won't let it die definitively."

THE ASSOCIATED PRESS

MIDDLE EAST

Iraqi forces poised on edge of Mosul

Iraqi special forces stood poised to enter Mosul in an offensive to drive out Daesh militants after sweeping into the last village on the city's eastern edge Monday while fending off suicide car bombs without losing a soldier.

Armoured vehicles, including Abrams tanks, drew fire from mortars and small arms as they moved on the village of Bazwaya in an assault that began at dawn, while artillery and airstrikes hit Daesh positions.

By evening, the fighting had stopped and units took up positions less than a mile from Mosul's eastern border and about

5 miles (8 kilometres) from the centre, two weeks into the offensive to retake Iraq's second-largest city.

"We will enter the city of Mosul soon and liberate it from Daesh," said Brig. Gen. Haider Fadhil of Iraq's special forces.

He added that more than 20 militants had been killed while his forces suffered only one light injury from a fall.

Iraqi forces have made uneven progress. Advances have been slower south of the city, with government troops still 35 kilometres away.

THE ASSOCIATED PRESS



Mie Larson, left, and Cheryl Conley-Strange are part of a group of a dozen Canadians headed south to help the Democrats in Florida. CONTRIBUTED/THE CANADIAN PRESS

Canadians head south to stump for Clinton

★ U.S. ELECTION ★

A dozen women help out in crucial swing state

A dozen Canadian women are heading to Florida on a mission unrelated to sun, surf and sand — they intend to help Hillary Clinton defeat Donald Trump.

They're bunking in a pair of houses that will serve as temporary campaign dorms for the travelling Canucks, as they knock on doors and make calls in what's arguably the most important region of the most important swing state in the U.S. election.

"We didn't come here to have

a holiday — we're here to work," said Cheryl Conley-Strange.

She knows from experience. The Winnipeg woman has worked every federal Liberal campaign since 1979, when she was a poll captain for future foreign minister Lloyd Axworthy. She'd intended to retire from organizational work after the federal election, satisfied with the state of her party.

But she figured she had one more campaign in her.

Conley-Strange chatted with friends about helping political allies in the U.S.: "I started saying to them, 'Hey, why don't we go down to the States and help (the Democrats)?'"

She suggested staying at her family's winter home in central Florida. So many people took her up on the idea that they wound up getting a second

"We didn't come here to have a holiday — we're here to work."

Cheryl Conley-Strange

place in the same Kissimmee neighbourhood. She'd bought in that location a few years ago — she liked the proximity to Disneyworld.

It also happened to be on rich electoral soil.

She only realized recently that Central Florida is considered the swing region of the biggest swing state. It's sandwiched between Florida's solidly Republican north and solidly Democratic south. And it has tens of thousands of new

available votes.

An influx of Puerto Ricans is having a ripple-effect on the politics in this area, and therefore on the country.

These new residents are eligible to vote immediately, as Puerto Ricans are U.S. citizens. They tend to be more liberal than the state's Cuban voters. And their ranks are growing to rival the Cubans.

Conley-Strange came in September to meet Democratic party organizers; help set things up for the arrival of her friends; and make calls to register voters. Her friends arrive over the coming week.

The one thing Canadians can't contribute to this election is money.

"I asked (the Democrats) if I could buy a T-shirt," she said. "They said no." THE CANADIAN PRESS

ASIA

Deadly explosion rocks Chinese coal mine

Thirteen people have been found dead after a gas explosion in a Chinese coal mine, and the status was unknown of 20 others still trapped, state media said Tuesday.

Rescuers worked through the night at the privately owned Jinshangou mine in the Chongqing region where the explosion occurred before noon Monday, Xinhua News Agency reported. Two miners escaped earlier.

Xinhua previously reported 15 deaths in the explosion, but said Chongqing deputy mayor Ma Huaping lowered the

death toll in a press briefing early Tuesday, saying only 13 bodies had been found so far. Local officials did not answer telephone calls from reporters, and a person who answered the phone at the mine hung up when asked about the blast.

"We are still working all-out to search for the 20 missing miners, and will exert our utmost as long as there's still a ray of hope," Ma said, according to Xinhua.

Xinhua reported that the 400 workers trying to rescue more miners were being hindered by debris blocking some of the

mine's passageways.

Gas explosions inside mines are often caused when a flame or electrical spark ignites gas leaking from the coal seam. Ventilation systems are supposed to prevent gas from becoming trapped.

The State Administration of Work Safety ordered an investigation into the blast, "adding that those responsible must be strictly punished." Local officials in Chongqing also ordered the temporary shutdown of coal mines producing less than 90,000 tons a year, Xinhua said.

THE ASSOCIATED PRESS



Rescuers work at Jinshangou Coal Mine in Chongqing on Monday. TANG YI/XINHUA/THE ASSOCIATED PRESS

ALABAMA

Workers injured in gas pipeline blast

An explosion along the Colonial Pipeline in rural Alabama injured at least seven workers Monday not far from where the line burst and leaked thousands of gallons of gasoline last month, authorities said.

The blast, which sent flames and thick black smoke soaring over the forest, happened about a mile west of where the pipeline ruptured in September, Gov. Robert Bentley said in a statement. That break led to gasoline shortages across the South.

"We'll just hope and pray for the best," Bentley said.

Georgia-based Colonial said in a statement that it had shut down its main pipeline in the area.

In September, the pipeline leaked 252,000 to 336,000 gallons of gasoline and led to dry fuel pumps and price spikes in several states — for days, in some cases. There was no immediate indication Thursday whether Monday's explosion would lead to similar shortages.

THE ASSOCIATED PRESS

Feds ready for update

ECONOMY

Long-term goals should offset budget pains: Grits

The federal Liberal government will update the country's economic and fiscal progress Tuesday, hoping to encourage Canadians to focus on the potential of its long-term plan — and overlook the sting of multi-year, multibillion-dollar deficits.

The Liberals won last year's election on a platform promising to help lift the slow-growth economy with billions worth of borrowing to fund more ambitious infrastructure and child-benefit programs for the long haul.

But a few months into their mandate, the Liberals pointed to weaker-than-expected economic conditions as they tripled their anticipated budgetary deficits for the next two years — nearly

\$30 billion each. They predicted more than \$110 billion in total shortfalls over the next five years.

Facing political pressure to show results from the early investments, Finance Minister Bill Morneau is expected to reiterate his argument Tuesday that Canadians should be fixating on the government's long-term goals.

Over the course of 2016, the Liberals gradually started to roll out their measures during an economic downturn that saw experts downgrade their growth outlooks.

Bank of Canada governor Stephen Poloz has noted the economic benefits of the Liberals' first investments, such as richer child-benefit cheques, have yet to show up in the numbers. Poloz has acknowledged, however, that it's still early and that he expects to see positive impacts in the second half of 2016.

Earlier this month, TD bank projected a federal shortfall of \$34 billion for this year.

THE CANADIAN PRESS



Feast, a delivery service in Toronto hasn't made it to a second winter. TORSTAR NEWS SERVICE

FOOD SERVICE

Meal delivery startups finding 'path to profitability' difficult

Meal delivery has been a trendy business idea, with food companies using mobile technology to create opportunities. But some startups have recently found that old-style challenges have proven to be stumbling blocks.

Last month, in a blog post on its website, delivery service Feast announced that it would stop its delivery service in To-

ronto. In early October, Uber Eats stopped its instant lunch delivery service, and in September, Just Eats tweaked some of its delivery boundaries.

"I love the delivery concept, but I couldn't see the economics working," said Feast CEO Steve Harmer. His company used bike couriers to deliver healthy, chef-prepared meals from its commissary kitchen

on the east side of downtown Toronto. The company served more than 60,000 meals during its 10-month run, and got good reviews for both its app and its food, but it's now focusing on catering and wholesale.

"We got a lot of positive response on the experience," said Harmer. "It was just hard to see an easy path to profitability."

TORSTAR NEWS SERVICE

BANK OF ENGLAND

Carney to stay on until 2019

Bank of England governor Mark Carney announced Monday that he will extend his term in office by one year and stay in the position through June 2019, a decision that may help settle speculation about his future guiding Britain's monetary policy.



Mark Carney
THE ASSOCIATED PRESS

In a letter to Treasury chief Philip Hammond, Carney said he was staying an extra year because he recognized "the importance to the country of continuity" during the U.K.'s negotiations to leave European Union.

He announced plans to stay in his Bank of England post longer than his initial five-year commitment, but said he does not plan to serve a full eight-year term.

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metro VIEWS

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Tuesday, November 1, 2016

EMMA TEITEL ON COLUMNISTS RUN AMOK

Luckily there exists a method to mask a shortfall of original opinions: The 'Blame-Political-Correctness-Strategy'



I'm going to let you in on a trade secret. Many of us who get paid to "weigh in" on the news for a living run out of ideas on the regular.

I call this "opinion fatigue" and when I suffer a particularly hairy bout of O.F. (roughly three times a week), I make like a contestant on *Who Wants to Be a Millionaire*: I phone a friend.

And I plead: "I'm out of opinions. Do you have any? I'll take anything: Euthanasia, bad breath, bad dry cleaners, the economy... anything." In fact, at least a third of my opinions aren't really mine at all. They belong to my friend Travis. (Thanks, Trav).

But what is a brain-drained columnist to do when she runs out of friends and family to pester for fresh content?

Luckily there exists another equally effective method to mask a shortfall of original opinions — one employed by columnists far and wide: the "Blame-Political-Correctness-Strategy."

Here's how BPCS works. Step 1: Google "political correctness run amok."

Step 2: From the 80,000-plus Google entries that immediately appear, select the most current incident of hypersensitivity on a liberal arts campus you can find ("Yoga banned on account of cultural appropriation!" "Woman triggered by salami sandwich!")

Step 3: Immediately proceed to write a column proclaiming, with righteous indignation, that as a direct result of one or two such incidents, freedom of expression, as we

know it, is in peril.

Why am I revealing the BPCS secret to you now? Well it just so happens that BPCS is especially popular among pundits and column writers at this juncture.

Why? Because Halloween is upon us, and with Halloween comes all manner of offensive costumes, from the blatantly racist (blackface) to the blatantly tasteless (Caitlyn Jenner) to the truly horrifying. And where there are offensive costumes, there are also offended university students who want to ban them. Enter BPCS.

specifically, costumes that mock rape, suicide, gender identity and costumes that appropriate other cultures — à la "traditional or religious headdresses" — are off limits. To his credit, Chris Green, general manager of the school's students' union, acknowledges that policing the policy is "not an exact science."

You can say that again. When I asked Green how the inexact part of the policy surfaces, he said that just last year (when the same policy was in place) a guy showed up to a students' union Halloween

wrong is in their rabid, if implicit, assertion that such a policy is newsworthy at all.

Yes, Brock is overreaching, but it and so many campus policies like it are extremely small potatoes. According to Green, the costume prohibition at Brock applies to just two weeknight Halloween parties run by the students' union, at a bar on campus. One of those parties, he says, "is a dry event" (in other words, probably not the first choice of someone who likes to push the boundaries of taste, anyway).

The students' union then is not walking down to dorm and house to house policing student costumes. If someone wishes to dress up as Caitlyn Jenner or Bill Cosby, house parties and other bars abound where he is free to be his most distasteful self.

That's the thing about the anti-political correctness argument as it pertains to university campuses. Nine times out of 10 the PC demand at hand is much ado about nothing. Because for every sliver of so-called "safe space" on a university campus, there are about a hundred others where anything goes — spaces where you can go about your day oblivious to the sensibilities and jargon of the far, far left and nobody will bat an eyelash. Spaces where no one checks his privilege or his offensive costume at the door.

So the next time you read an outraged column warning that freedom of expression is in decline, and that 10 years from now you will be living under a politically correct caliphate — remember this column, and read between the lines: Nothing is in decline besides a writer's ability to conjure up fresh ideas on a slow news day.

Emma Teitel is a national affairs columnist for the *Toronto Star*.



HALLOWEEN HORROR? For every sliver of "safe space" on a university campus, there are about a hundred others where anything goes — like offensive Halloween costumes — Emma Teitel writes. *COSTUME SUPPLY CENTRE*

To illustrate, very recently the student union at Brock University in St. Catharines announced a prohibition on offensive Halloween getups at its student union events; and already the anti-political correctness punditry machine has begun spitting up outrage. News of Brock's costume ban made its way into nearly every major paper in the nation this month, and Breitbart, the conservative news giant in the U.S., wrote a scathing critique of Brock's "twisted" PC "illogic."

The Brock University Students' Union justifies its position this way: "People's identities are not costumes." More

een event in what looked like "Rastafarian" garb.

The union, wondering if the costume was appropriate, asked the man about his outfit. And what do you know? The guy revealed that it was in fact, a costume derived from his own heritage.

So, it turned out, in an awkward bit of irony, that the would-be protectors of marginalized identities were, for a moment, the ones doing the marginalizing.

I hate to say anything nice about Breitbart, but they aren't entirely wrong to call such a costume policy illogical.

However, where Breitbart and other media outlets are

The good news about Edmonton urbanism

 **Tim Querengesser**
Metro | Edmonton

What is Edmonton getting right on urbanism that other cities can learn from? A Metro podcast host in Toronto asked me this recently and stopped me dead in my tracks.

If you follow me on Twitter you know getting things right in Edmonton is not something that I or most people I speak to brag about. And in my experience when people do speak of this, they often struggle to offer an example that isn't laced with boosterism.

Where we're failing on urbanism is an easy conversation: Sidewalk boarding that continues to destroy our city's walkability; a deference to car-centred thinking (how many parking stalls are we building in our "vibrant" downtown, again?); a transit system few have pride in; a late-to-the-party habit for the important urbanism bits, like bike lanes; pedestrian deaths on track to grow this year despite our adoption of Vision Zero.

But aside from these failings, Edmonton is getting things right by getting awkward. We're painfully ripping off our small-town jacket and we've been fitted for an urbanist blazer — even if we're not comfortable wearing it yet.

Few Canadian cities have installed a city architect like Carol Belanger, who has led a revised, aesthetics-first selection process for municipal buildings and the resulting, internationally renowned libraries and recreation centres that we've built since 2010. Edmonton's leading there.

Few Canadian cities have worked to incentivize develop-

ment the way Edmonton has, whether through guiding design with Blatchford, 104 Street or Jasper Avenue, or with community revitalization levies downtown. Edmonton's leading there as well.

Few Canadian mayors speak about truth and reconciliation for ongoing wrongdoings against indigenous peoples with the conviction Mayor Don Iveson does, and more importantly, few step out of the way as quickly as he does to allow indigenous people to define where that conversation goes. Despite the much of the work being talk so far, Edmonton's still leading there.

But where Edmonton really leads is owning its past failings and pushing to do better.

As I explained to my Toronto podcast friend, what Edmonton gets more than other cities I've lived in (for the record: Ottawa, Toronto, Peterborough, Vancouver, Whitehorse, Yellowknife, Nairobi) is that we're all trying to build something together. And few things show this like the recent push Stantec gave Edmonton to get its act together on bike lanes.

Some might see Stantec having to pay for half the research needed to get Edmonton to pay for temporary bike lanes downtown as a shame. But instead, I see it as a regular Edmonton urbanism story.

Non-city groups are regularly part of the solution here. You see it all over, whether in activist groups pushing for better walkability or regular people just working to make the city sparkle and hum.

So that, I think, is where we lead. In Edmonton, we're kind of all in it together. I won't pump your tires about it. Boosterism is empty. But I will recognize it.

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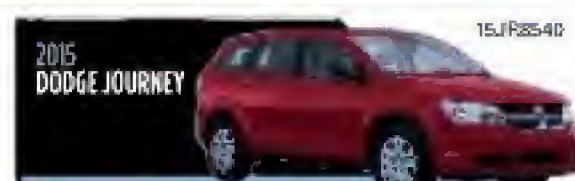
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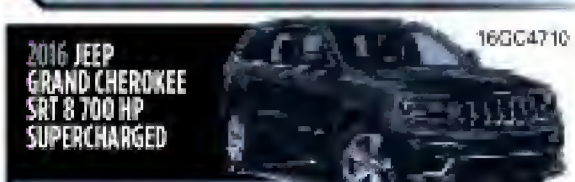
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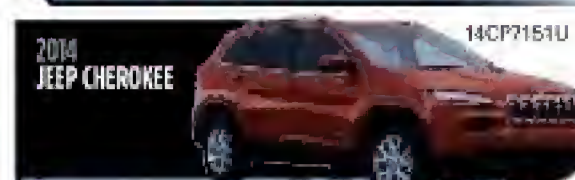
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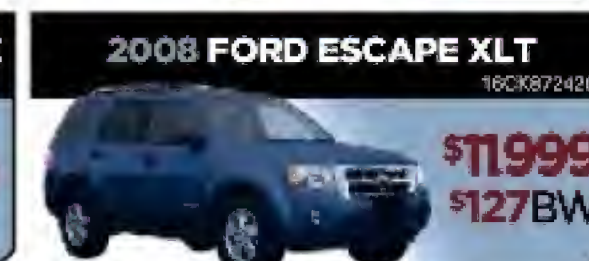
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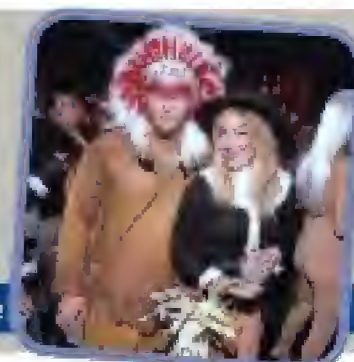
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Hilary Duff 'so sorry' for controversial Halloween costume



EXERCISE

**He recovered
a personal
training career
from injury**

For Jeremy Fernandes, a love of fitness started back when he played sports in his youth — and it's translated into a full-fledged personal training career. With a kinesiology degree from the University of Western Ontario and Precision Nutrition Level II certification under his belt, the 27-year-old personal trainer at Body + Soul Fitness in North York, Ont., brings his well-rounded background to the gym.

Now, he's offering some at-home workout tips anyone can use in their fitness routine. Fernandes also stopped by the Star office to give us the lowdown on his approach to personal training, his top celeb fitness trainer inspirations, and which workouts he thinks are totally over-hyped:

What sparked your love of fitness?

Being perpetually injured playing sports when I was younger and never knowing why I got hurt. I pulled my hamstrings, glutes and quads playing soccer. At 12, I tore both my ACL and MCL. My doctor told me it was "growing pains." One day, a referee pulled me out of a game because I was limping. After that, I went to physiotherapy, and eventually I started thinking about a career in

**'Growing
pain' was
Jeremy's
gain**

Jeremy Fernandes is a personal trainer at Body + Soul Fitness in North York. TORSTAR NEWS SERVICE

rehab. While studying kinesiology, I learned how to train properly. I'd never done squats or deadlifts because of my knee pain — but I learned I had knee pain because I wasn't doing any of those things.

Now that you're a trainer, what's your approach to personal training?

I work with, generally, older adults — so 40-plus. They're people who have a similar history to me: They've been physically active, they've

been sidelined because of injuries, and they want to feel better, get over those injuries, and incorporate fitness back into their lives.

Are there any celebrity fitness trainers you admire?

Eric Cressey is one, and Mike Robertson. They take an evidence-based approach. They're all about strength, but they also take into consideration anatomical differences. They're strong on

“

While studying kinesiology, I learned how to train properly.

Jeremy Fernandes

biomechanics, anatomy, physiology, and break it down into a way that a lay-person can understand.

Is there a certain type of trendy workout that you think is totally overrated?

It's all context-dependant. I don't think going to a yoga class three times a week constitutes strength training. At some point, you need to see progression — and there aren't a lot of opportunities to progress in yoga, pilates, or ballet barre classes. But there's no methodology I really hate.

How can people stay motivated on a fitness routine?

Set performance-based goals. Look to achieve something in the gym and train towards that, and don't wait for motivation. The best quote I've heard about motivation is, "It's a friend who makes plans with you and bails last-minute every time." Setting performance-based goals gives you something to work towards. It could be setting a goal of one pull-up, or five body-weight push-ups, and once you've hit that first goal, it becomes infectious.

TORSTAR NEWS SERVICE



TRY THIS AT HOME RESISTANCE BAND LAT STRETCH

**The
lowdown**

Equipment needed: Heavy resistance band and an anchor (a pole in a basement or a fence post for instance).

Repetitions: Eight to 12 per side

Muscle groups worked: Lateral line



1 Anchor the band



2 Put your hand through the hole, palm up, and let the band cradle your wrist



3 Close your fingers around the band



4 Hinge at the hips

SPEAKING OUT

Adele's postpartum depression battle

Adele has opened up about parenting, her struggle with postpartum depression and alcohol use in a new interview.

The 28-year-old singer tells *Vanity Fair* she felt like she had made "the worst decision" of her life after having her son, Angelo, who's now 4. She says she eventually had to spend some time alone in order to overcome her postpartum depression.

Adele also touched on cutting back on her drinking and quitting smoking. She says "having a hangover with a child is torture." She says she used to be a "massive drinker," but now only indulges in two glasses of wine a week.

The comments are in the December issue of *Vanity Fair*, which hits newsstands Thursday. THE ASSOCIATED PRESS



Adele. THE ASSOCIATED PRESS

JOHANNA SCHNELLER
WHAT I'M WATCHING

Hollywood elite on grim reality of climate change



Leo DiCaprio (right), a UN Messenger for Peace on Climate Change, produces and stars in *Before the Flood*. CONTRIBUTED

THE SHOW: *Before the Flood* (natgeotv.com and Nat Geo Channel Facebook, until Nov. 6)
THE MOMENT: The deniers

"There is as robust a scientific consensus for climate change and its human cause as there is for gravity," Michael E. Mann, the Penn State professor behind the "hockey stick" image of rising temperatures, tells Leonardo DiCaprio, who produced and stars in this doc, directed by Fisher Stevens.

Mann explains that a small handful of players, including Big Oil and Koch Industries (the world's largest privately held fossil fuel company), finance an organized campaign of climate change denialism. They fund both scientist-pundits and U.S. politicians — half of the U.S. Congress, including James Inhofe, the chair of the U.S. senate environment committee — to block all bills that would deal with the problem.

"These people... lead us astray in the name of short-term fossil

fuel profits," Mann says. "What could be more immoral than that?"

DiCaprio, a UN Messenger for Peace on Climate Change, spent two years traveling to five continents and the Arctic, talking to experts and filming evidence of climate change — from the shrinking ice sheet on the northern tip of Baffin Island, to the sinking island of Palau, to Sumatra's dying coral reefs. The doc lays out the factual horrors clearly, and as they pile up, DiCaprio's reaction is both pessimistic and urgent.

At the end, a list appears of things we can do to re-stabilize the planet: Lobby your government to favor sustainable energy (wind, solar). Demand a carbon tax.

To them I'd add, watch this doc and spread it around.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

GOSSIP BRIEF

Prince Harry's latest romance started in Toronto

Romance is not dead in Toronto, folks. Just ask Prince Harry. The Royal is rumoured to have fallen head over heels with actor Meghan Markle in the city in May; she was filming the law drama *Suits* and the 32-year-old Royal was in Toronto promoting the *Invictus* Games. Since then, Markle, 35, has posted multiple Instagram snaps of trips to London. Royal-romance-

watchers are pointing to a set of beaded bracelets worn by Markle that are very similar to ones Prince Harry regularly sports.

Express cites a source who describes a "besotted" Prince who's "happier than he's been for many years."

The *Daily Mail* claims that Prince Harry was booked on a plane to Toronto on Sunday but was a no-show after news of the relationship broke. VERONICA SAROLI/THE KIT

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Mackenzie Davis' tech-heavy resume

BLACK MIRROR

Vancouver native is landing strong unique roles

It's hard not to notice a bit of a nerd-girl streak in Mackenzie Davis' technology-heavy resume. The Vancouver actress currently stars in AMC's computer saga *Halt and Catch Fire* as a programming genius, appeared as a NASA technician in *The Martian* last year, and has a yet-to-be disclosed role in the upcoming *Blade Runner* reboot.

Davis is also featured in one of the best-reviewed new episodes of *Black Mirror*, the British anthology series that skewers our smartphone era with its sometimes-alarmist look at modern-day tech anxieties.

The busy actress recently spoke about finding strong female roles and meeting great expectations.

You've got an impressive resume but I feel like for years people have been saying you are on the verge of something big.

It's so funny when people tell you about yourself and you're like, "That's not really my experience." My experience is just that I get to work on better and better things and that's the mark of progress for me. It's not this sense that, "Ooh, something's about to happen." It's like, "Oh my God, I got to do this movie with this person and now I get to do this and I get to be in *Black Mirror* and *Black Mirror*'s my favourite show." It feels really lucky to be part of things that you really like.

What draws you to *Black Mirror*?

I just think it's so many things. I think it's so clever and it's so dark and it's really optimistic and it's not just cynical but it's cynical enough. And it causes you to look at yourself and your behaviour and things that you're tacitly agreeing to all the time, and question what that agreement means and what signing away your life and what signing away your responsibilities for yourself over and over again (means) until you have something



Gugu Mbatha-Raw, left, and Mackenzie Davis star in *Black Mirror*. LAURIE SPARHAM/NETFLIX

else taking care of everything for you. ... It really affects me and ... if I watch an episode I need to take time to think about it because it's just a lot of introspection that goes on.

Why is this the right time for a fresh take on *Blade Runner*?

There's a reason why *Blade Runner* has captured our fascination for so long. And not felt dated to return to it all. There's something really enduring about both the aesthetics in the movie, which is such an accomplishment for that not to feel dated at all, and the story of the movie. It

really continues to resonate with people 30 years later.

It's great to see you play strong women comfortable with technology.

Halt is amazing for that. I feel like they did it so seamlessly where it was never addressed to (co-star) Kerry (Biche) or

“

My experience is just that I get to work on better and better things and that's the mark of progress for me.

Mackenzie Davis, actress

I in any progressive way of: "Oh, you guys are going to be running a business — as women. Imagine that." They just wrote a really great story and we played the characters. ... It also was so normalized because nobody made a meal out of it on set as though we were doing something really revolutionary.

We just treated women as interesting as men and wrote their characters as characters first and foremost. And when it mattered that they were women we addressed that but most of the time it doesn't matter at all. It's just about the relationship between these two entrepreneurs.

THE CANADIAN PRESS

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MASH MARKETING

Cranberries myth is squashed

Another folk remedy bites the dust. Cranberry capsules didn't prevent or cure urinary infections in nursing home residents in a study challenging persistent unproven claims to the contrary. The research adds to decades of conflicting evidence on whether cranberries can prevent extremely common bacterial infections.

The new study, published online Thursday in the *Journal of the American Medical Association*, used rigorous methods and the results are convincing, according to a journal editorial. Health care providers who encourage using cranberry products as a prevention method "are doing their patients a disservice," the editorial says.

THE INFECTIONS

Urinary infections lead to nearly 9 million doctor visits and more than 1 million hospitalizations each year. Men, because of their urinary anatomy, are less vulnerable, while almost half of all U.S. women will develop at least one of these infections in their lifetime. Symptoms can include painful, frequent urination and fatigue. Antibiotics are often used to treat the infections.



In a study published Thursday in the *Journal of the American Medical Association*, cranberry capsules didn't prevent or cure urinary infections in nursing home residents. MARK BUGNASKI/KALAMAZOO GAZETTE - MLIVE MEDIA GROUP VIA AP

THE STUDY

The research included 147 older women in nursing homes who were randomly assigned to take two cranberry capsules or dummy pills for a year. The number of women with laboratory evidence of infection—bacteria and white blood cells in their urine—varied during the study but averaged about 29 per cent overall in both groups. Ten infections in the cranberry group caused overt symptoms, compared with 12 in the placebo group but that difference wasn't statistically significant.

THE ADVICE

People who think they have a urinary infection should see a doctor for diagnosis and treatment, but avoid cranberry products "in place of proven treatments for infections," according to the National Institutes of Health alternative medicine branch. The journal editorial says additional research is needed to find effective treatments. "It is time to move on from cranberries," the editorial says.

THE ASSOCIATED PRESS

HEALTH BRIEFS

Sugar for kids' migraines

A new study found that sugar pills worked as well at preventing kids' migraines as two commonly used headache medicines, but had fewer side effects.

The results may lead doctors to rethink how they treat migraines in children and teens. It's the first rigorous test in kids of two generic drugs that are also used for adults' migraines, topiramate and amitriptyline. Both drugs reduce by half the number of days kids had migraines over a month's time. But so did placebo sugar pills.

The study was released online Thursday in the *New England Journal of Medicine*. THE ASSOCIATED PRESS

Skin patch for kids with peanut allergy

A new study shows a wearable skin patch may help children who are allergic to peanuts by delivering small doses of peanut protein.

The National Institutes of Health funded the year-long study. It says nearly half of those treated with the patch were able to consume at least 10 times more peanut protein than they were able to consume prior to treatment.

THE ASSOCIATED PRESS

STUDY

Cholesterol test for baby may help

What if a blood test could reveal that your child is at high risk for early heart disease years in the future, giving you a chance to prevent it now? A big study in England did that - screening thousands of babies for inherited risk - and found it was twice as common as has been thought.

The study also revealed parents who had the condition but didn't know it, and had passed it on to their children. Ninety per cent of them started taking preventive medicines after finding out.

Researchers say the two-generation benefits may convince more parents to agree to cholesterol testing for their kids. An expert panel in the United States recommends this test between the ages of 9 and 11, but many aren't tested now unless they are obese or have other heart risk factors such as diabetes or high blood pressure.

For every 1,000 people screened in the study, four children and four parents were identified as being at risk for early heart disease. That's nearly twice as many as most studies in the past have suggested.

Dr. William Cooper, a pediatric and preventive medicine professor at Vanderbilt University, called it "an innovative ap-

proach" that finds not just kids at risk but also parents while they're still young enough to benefit from preventive treatment, such as cholesterol-lowering statin drugs.

Statins aren't recommended until around age 10, but certain dietary supplements such as plant sterols and stanols could help younger kids, Urbina said.

The study was led by Dr. David Wild at Queen Mary University of London. He and another author founded a company that makes a combination pill to prevent heart disease. The work was funded by the Medical Research Council, the British government's health research agency. Results were published Wednesday by the *New England Journal of Medicine*.

Researchers were testing for familial hypercholesterolemia, a genetic disorder that, untreated, raises the risk of a heart attack by age 40 tenfold.

They did a heel-stick blood test on 10,059 children ages 1 to 2 during routine immunization visits to check for high cholesterol and 48 gene mutations that can cause the disorder. If a child was found with the disorder, parents were tested.

One in 270 children had the gene mutations.

THE ASSOCIATED PRESS

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CONTINUING EDUCATION

On the same page at a different age

At 32 years old, Jesse Greenway decided it was finally the right time for him to pursue a degree. Having spent many years in the naval force post-high school, the Vancouver native chose creative writing as a post-secondary path and entered Douglas College in New Westminster, B.C.

"I showed up to Douglas on this crazy busy first day," says Greenway. "Looking around the campus it immediately hit me that almost everyone I was seeing was in their early 20s, and I was close to the same age as the profs. I felt totally out of place."

Greenway's experience of uneasiness is common to many mature students who find it difficult to settle within a sea of colleagues sometimes decades younger. But is there hope of finding a place amongst younger pupils even far into the fall semester? Brian Lejnieks, instructor in the faculty of continuing education at Seneca College, is optimistic.

"If you feel a little disconnected, make sure you discuss this with your instructor," says Lejnieks. "They can share strategies to help you feel more comfortable. The instructor can also look for ways to help you better connect with your classmates"

Strategies, adds Lejnieks, include making a concerted effort to set aside age-defining boundaries and reach out to those around you.

"Look for a connection," suggests Lejnieks. "If a younger student opens their laptop and the wallpaper on the screen is, for example, a sports team you follow, this can lead to a brief discussion on a topic in which you have a mutual interest."

Lejnieks additionally reminds that while mature students may feel wiser and more experienced than their peers, younger students can offer a perspective that can be new and refreshing to many in the class.

Greenway agrees.



ISTOCK

"Once I finally started to connect with some of the students at Douglas I found a lot of them had this energy and passion about the whole experience that started to influence my own enjoyment of the program," he says. "It was contagious."

And for those still struggling with age-anxiety as semester one creeps to a conclusion, Greenway assures that a sense of

academic solidarity will ultimately drive away a student's lingering doubts.

"You absolutely will eventually get used to it," he says, having graduated from the program last spring. "Once you come to realize that everyone is ultimately there to achieve the same goal, age just won't matter anymore."

— LIZ BEDDALL

Drafting Technician Average Wage **\$34/hr***

* Alberta Wage and Salary Survey



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Opening doors for immigrants to get into educational field

Academy of Learning Career College facilitator Nayima Nadeem has a master's degree in education and has good things to say about the new educational assistant diploma program.

"The educational assistant program will prepare graduates to identify students' psychological needs and work with them," she says.

"It will definitely open the doors for immigrants who have an education degree from outside Canada, but are not able to get work in the field due to the lack of recognition of their credentials."

Academy of Learning offers this program through their unique Integrated Learning™ System, which means students do not have to wait months to start their career training.

"The courses equip graduates with computer training, and the tools and theory related to child psychology, needs, and development, that combined with the four-week practicum, gives them the knowledge and skills they need to work in schools, child care centres, and more in the education field," says Nadeem.

This new, 44-week program also covers the different roles the educational assistant plays in both special education and early



CONTRIBUTED

childhood.

This new certificate is one of many programs offered by Academy of Learning in the human services field.

Academy of Learning also offers a number business, and IT programs as well.

For more information about the new educational assistant program at Academy of Learning, visit academyoflearning.ab.ca.



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Tailoring programs to the demands of the industry

Robertson College is a career-focused education provider; therefore, academic programs are geared toward individuals who wish to pursue a new career path or update an existing skill.

Robertson College's programs are generally one-year or less, by design, and tailored to student needs and industry demands.

"This allows students to quickly embark in their chosen career field while fulfilling the community's need to have qualified workers entering the workforce," says Dr. Ann Larson, chief academic officer, Robertson College.

For those individuals considering a career in health care, Robertson College has a number of different programs that can prepare students to be workforce-ready in under a year.

Robertson College offers many health-care-related programs such as community support worker, health care aide, health care aide challenge, health unit clerk, massage therapy, medical laboratory assistant, medical office assistant, nursing assistant, pharmacy assistant, pharmacy technician, and a national pharmacy technician bridging education program (not all programs are offered at all locations).

As a result of Canada's skills shortage, career education is in high demand as is the demand for skilled health care professionals.

"The aging population, more health conscious lifestyles, and advancements in technology are just a few factors related to the increase in career opportunities within the health care field," says Larson.

"Now is a great time join a rapidly growing, ever-changing, exciting industry."

The health care industry provides diverse

career opportunities ranging from direct-care positions to various support roles. Additionally, the health care settings range from large hospitals to smaller specialized offices.

"Whatever the preference, graduates have the opportunity to find a health care career that matches their skills and interests," says Larson.

"The ability to help people, directly or indirectly, is perhaps the biggest benefit of working in the health care industry and, often, is very rewarding."

Robertson College's curriculum incorporates theory and active-learning components.

The practicum allows students to gain hands-on experience utilizing the knowledge and skills learned throughout their program.

"The practicum placements provide an avenue for the College to build strong partnerships in the community," says Larson.

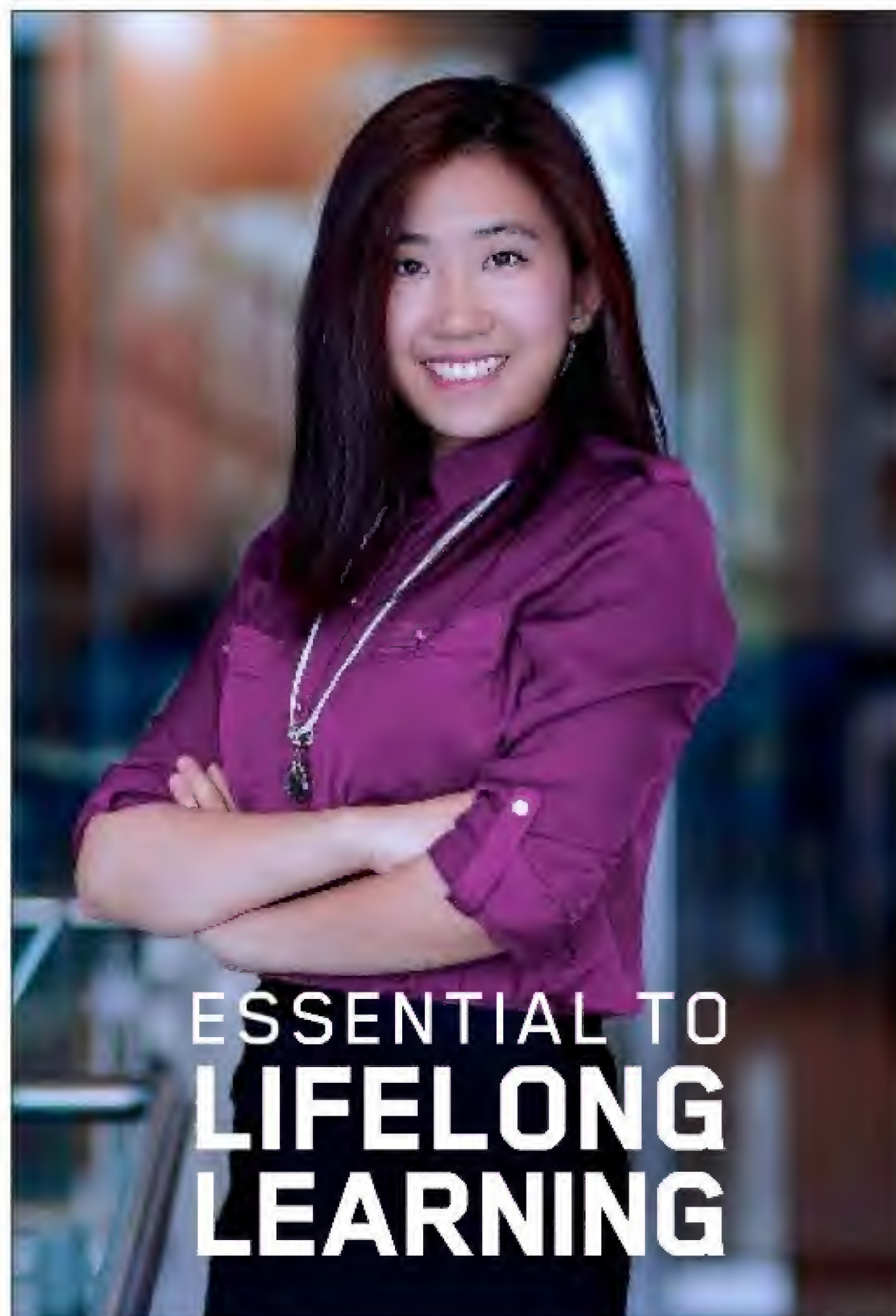
"This assists with placing students for practicum, staying informed of career opportunities, and for receiving continual program feedback from industry that assists us with improving and updating our curriculum."

No matter what program individuals choose to study, Robertson College's goal remains the same – student success.

"The fundamental outcome for all programs offered at Robertson College is professional competence," says Larson.

"We expect graduates to enter the workforce with the knowledge and training needed to pursue their passion."

For more information about the health care programs offered at Robertson College, visit robertsoncollege.com.



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KEEPING THE JOB POSSIBILITY ALIVE POST-PLACEMENT

Congratulations. You've come to the end of your ideal post-secondary placement and you've done a stand-up job from start to finish. But now on the cusp of returning to campus, how can you ensure that this temporary employer remembers you once you've donned your cap and gown and officially entered the rat race?

"Numerous examples exist of employers keeping student talent longer term," says Heather Workman, department chair of the co-op and career development centre at Langara College.

"Regardless of the type of placement, the student could invite their supervisor out for coffee and a discussion," Workman says. "The student could state how much they have learned in the role and briefly review what they have contributed in their time with the employer."

Workman goes on to suggest the student ask the employer if renewing a contract once the student has finished school is a possibility. At the very least, Workman says, the keen future employee should express an interest in maintaining communication throughout their post-secondary experience.

"If there are no possibilities at the workplace of the existing employer perhaps the supervisor could suggest other companies or contacts for



STOCK

the student to pursue," says Workman. "Having the supervisor introduce or open the door to other contacts would be ideal."

Tracey Lloyd, director of career and counselling services at Centennial College, advises that as enthusiastic as the student may be to join

forces with a particular workplace, patience must be exercised when keeping in touch.

"It is important for students to remember that sometimes it may take months before an appropriate job vacancy becomes available," says Lloyd. "Don't bombard the employer with

emails and phone calls. Stay connected and periodically send an email inquiring how the person is doing."

Lloyd reminds that maintaining such a relationship will only come naturally if the student has placed their most professional and personable foot forward throughout the length of their co-op experience.

"Students need to start paving the way for their career success right from the start by being a star employee and proving themselves," she says. "They should have already ceased opportunities to connect with their employer and fellow colleagues in social situations such as during lunch and office socials to build a positive working bond."

Workman adds that while such face-to-face interactions are imperative to success, social media is an invaluable tool for keeping your name on the brain of a future employer.

"At the very least students should connect with existing colleagues via LinkedIn before they leave a placement," says Workman, adding one final trick of the trade. "While back at school if an article or piece of research is found that would be of interest to the employer, share this information to keep you at the top of their mind."

-LIZ BEDDALL

Drafting Technician Average Wage **\$34/hr**

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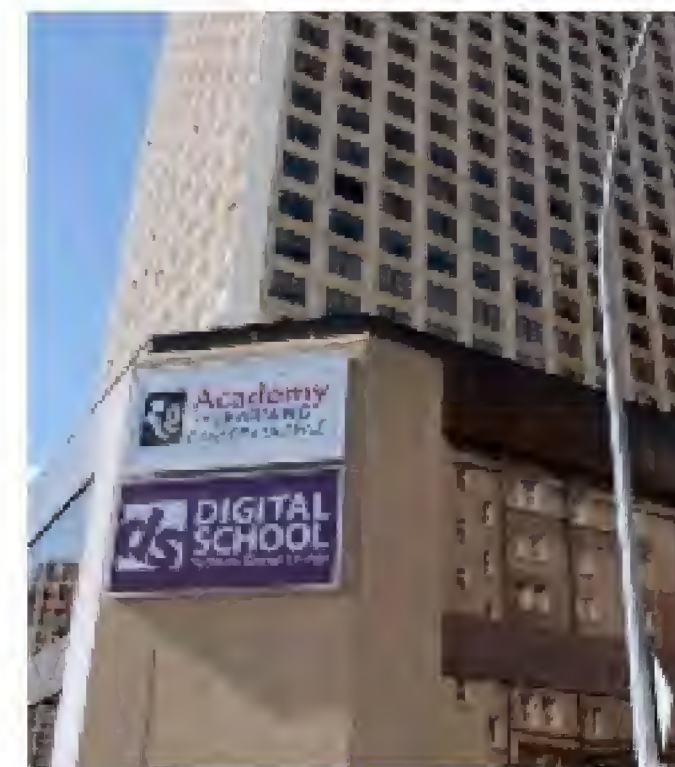
"It all starts with knowing what kind of career you want to get into and which college you want to attend," says Kim McIver, director, Digital School Technical Design College.

"Digital School exists for unemployed and underemployed adults looking for a prosperous and rewarding new career, which the field of computer aided drafting (CAD) certainly provides."

McIver encourages anyone looking to take the next step in their careers not to let their fear of finances hold them back.

"We have noticed many people have waited until their EI benefits have run out before they come to us, because they weren't aware that the rules have changed in the past few years," says McIver.

Digital School Technical Design College specializes in computer aided drafting and



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building information modelling training, which are the way almost everything around you, from the pen on your desk to the buildings you live, work and play in, are first conceived before they become reality.

A Digital School admissions advisor can guide you through the process of starting your career training, whatever your circumstances are.

For more information, or to contact an admissions advisor, visit digitalschool.ca.



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NURTURING THE POST-SECONDARY PARTNERSHIP

They say that love means never having to say you're sorry. But when you've decided to return to school as an adult long into a committed and cherished relationship, the chances of you apologizing for broken plans, distracted nights and a testy temperament might increase with every term you take on. So how do you go about nurturing your partnership when post-secondary is calling your name?

"Having a great love life has all kinds of good benefits for productivity, happiness and overall health," says Janet Miller, registered psychologist and counsellor at Mount Royal University. "So, the person in school likely needs to be proactive in carving out time for their relationship through the semester."

Miller explains that being strategic with the scheduling out of both school work and romance can help to preserve the stability of a partnership. "Take a good hour to plan out your school deadlines before a semester and mark in important dates in your relationship such as birthday and anniversaries," she says.

Miller goes on to say that scheduling out the simple inclusion of a partner in one's post-secondary life can help to further strengthen a relationship.

"Show your partner your campus, include them in campus events, have study sessions with other students at your home or just talk about what you're learning," Miller says. "And as important as it is to include your partner in your school life, it's also important to show interest in your partner's life — ask questions about what they are doing, creating, thinking and seeing."

Kikkawa College graduate Jacquelyn Pyper echoes that communication was key in nurturing her relationship throughout the completion of a two-year degree in massage therapy.

"It was a very demanding program as I was working part-time as well and had very little free time," Pyper says. "Needless to say when we had time together I was often distracted."

"But it really is a team effort when you go back to school and are married or in a partnership, so it's important to talk about what you both need as you take on the challenges of being a student. We'd openly communicate about our finances, our future, our feelings of stress, everything."

Miller reminds that investing in an education can pay off for both parties in a long-term relationship, be it with better wages, increased opportunities or improved mobility. So working through expectations and challenges as a duo is an important part of the process.

"Expect that something unexpected will happen," Miller says. "But also look forward to the fact that the good times together will only help to refuel your energy for learning." —LIZ BEDDALL

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Matthews, Marner marvel over McDavid

OILERS

Matchup with Maple Leafs features bright young stars

When Connor McDavid and the Edmonton Oilers visit Toronto Tuesday night, it will be a matter of renewing acquaintances. Waiting to see him will be Mitch Marner, his old Ontario Hockey League rival from their London-Erie days, and Auston Matthews, who has battled McDavid internationally in junior tournaments when it was Canada vs. the U.S., and as North American teammates at the World Cup.

Both Leafs said they're looking forward to facing McDavid. "For sure," Matthews said. "They've gotten off to a hot start. It's going to be a good challenge for us. I think all of us will be pretty hungry to get back in the win column."

The hype around Matthews — this year's No. 1 overall pick in the draft — started at the World Cup when he was the winger on a line with McDavid, last year's No. 1 overall pick. The two had chemistry.

"He's so easy to play with," Matthews said. "He does everything so well at such a high speed. Being able to play with him was just a blast."

McDavid has thrived on Air Canada Centre ice, winning gold at the world juniors in 2015, and creating significant buzz during the World Cup. But he hasn't played at the Leafs'



Auston Matthews, left, and Connor McDavid joined forces at the World Cup of Hockey.

MARK BLUNCH/THE CANADIAN PRESS

home ice with the Oilers, missing last year's lone appearance with a broken collarbone.

McDavid, who still hasn't played a full NHL season, is tied for the league lead in scor-

ing, a spot with which he has been familiar at pretty much every level.

Marner has crossed paths with him as far back as minor hockey.

"It will be exciting," the Leafs teenager said. "Obviously, it's a good team over there. It's not just him."

Matthews says he hasn't been in touch with McDavid since the World Cup ended.

"We're on our respective teams and pretty focussed on our team," said Matthews. "I'm sure once the season is over, guys who got really close together for those couple of weeks will get together down the road."

The game will be significant for other reasons: Marner and Matthews will play their 10th

NHL game.

It's become a rite of passage around the league when a teen-aged hockey player gets to his ninth game for fans and media to start fretting about the value of burning a year of the three-year entry-level contract versus another year of seasoning in junior (for Marner) or the minors (for Matthews).

But it's clear both these 19-year-olds belong in the NHL.

"You can speak to all the youth we have," veteran James van Riemsdyk said. "They've all done a great job and really contributed and are key members of our team."

The 10-game plateau means Marner and Matthews will be restricted free agents together following the 2018-19 season.

TORSTAR NEWS SERVICE

NHL

Rookies uneasy at 9-game plateau

Dylan Strome is living his NHL dream playing for the Arizona Coyotes, staying in a hotel and avoiding the harsh Pennsylvania winter he endured the past three years playing for the Ontario Hockey League's Erie Otters.

He just doesn't know how long it will last. Strome was the No. 3 overall pick in 2015 and he is in hockey's version of purgatory: at 19, he is eligible to be sent back to the juniors without burning a year of his contract as long as he doesn't play 10 games.

In the NFL and NBA, when you're drafted, you're in, and Major League Baseball prospects almost always start in the minors. NHL teams, however, get the chance to test-run some of their top young prospects before committing to them for a full season.

"No one feels bad for you," Strome said. "It's not really up to me. Obviously I want to be in the NHL."

In the same uncertain spot are Coyotes teammates Jakob Chychrun and Lawson Crouse and others around the league, from the New York Island-

ers' Anthony Beauvillier and Mathew Barzal to the Calgary Flames' Matthew Tkachuk.

Despite making their teams' opening-night roster, the players face a nerve-racking nine-game try-

out — and decision time is near for many of them.

"It's normal to have that kind of tryout because you never know what can happen," said Beauvillier, whose contract will count for this year if he plays his 10th game Tuesday. "I don't control that. I just control what I do on the ice." THE ASSOCIATED PRESS

“It's normal to have that kind of tryout because you never know what can happen.”

Islander Anthony Beauvillier

IN BRIEF

Senators goaltender battles adversity to win first star

Ottawa goaltender Craig Anderson, who rebounded from personal tragedy to post a resilient shutout Sunday in Edmonton, has been named the NHL's first star of the week.

Anderson took a leave of absence last week following the cancer diagnosis of his wife Nicholle, but with her encouragement he returned for the 2-0 win over the Oilers.

THE CANADIAN PRESS

Hip injury to cost Hemsky 5-6 months of action

Dallas Stars forward Ales Hemsky will miss five to six months after surgery for a hip injury that general manager Jim Nill said was sustained during the World Cup of Hockey.

THE ASSOCIATED PRESS

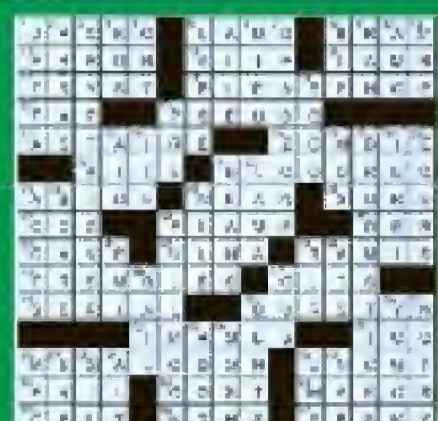


Craig Anderson
GETTY IMAGES

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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2	8	9	1	6	7	4	5	3
4	6	1	8	3	5	2	7	9
3	7	5	4	9	2	8	1	6
7	5	2	3	1	6	9	8	4
6	4	8	2	5	9	7	3	1
1	9	3	7	8	4	6	2	5
8	2	6	5	4	1	3	9	7
9	1	7	6	2	3	5	4	8
5	3	4	9	7	8	1	6	2

metr OBITUARIES

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Home is where the party is

WORLD SERIES

Cleveland eager to take chance to seal triumph on familiar turf

Josh Tomlin looked forward to Halloween and dressing up with his daughters, two-year-old Makenzie Jae and one-year-old Myla Kate.

"I might be daddy piggy," he said.

With Cleveland anticipating the city's first World Series championship since 1948 — and its first title clincher at home since 1920 — the Indians' Game 6 starter was happy to be back home ahead of his outing against the Chicago Cubs on Tuesday night.

Chicago closed to 3-2 with Sunday's win at Wrigley Field. The Cubs, who haven't won it all since 1908, are trying to become the first team to overcome a 3-1 Series deficit since the 1985 Kansas City Royals and the first to do it by winning Games 6 and 7 on the road since the 1979 Pittsburgh Pirates.

Rather than celebrate in the cramped visitors' clubhouse at Wrigley, the Indians are in position to party in their own digs at Progressive Field — where a makeshift shrine to Jobu, the Voodoo idol from the Cleveland clubhouse in the 1989 film Major League, was erected in a stall between the lockers of Mike Napoli and Jason Kipnis.

"He's just chilling over



Cleveland's Josh Tomlin will be the Game 6 starter for the hosts, while Jake Arrieta will start for the Cubs. JAMIE SQUIRE/GETTY IMAGES

there, doing his thing," Napoli said.

Cleveland fans have missed out on being there for this year's big events: first, the Cavaliers completed their NBA Finals comeback on the road, beating Golden State

in Game 7 for the city's first major pro sports championship in 52 years. Then, the Indians clinched the AL Central crown at Detroit, won the Division Series in Boston and the AL Championship Series at Toronto.

"It'll be ideal. We have a better situation to do it now," Kipnis said. "It would be nice to actually do one in front of the home crowds."

The baseball season spills into an unusual month for the fifth time, with Rockto-

1948

The year the Cleveland Indians last won the World Series.

ber parties replaced by two teams hoping for a November to remember.

Jake Arrieta, who pitched no-hit ball into the sixth inning to win Game 2, starts on five days' rest for the Cubs against Tomlin, who will have had three days off since throwing 58 pitches in his Game 3 no-decision.

If the Cubs force Game 7, Kyle Hendricks would pitch on regular rest for Chicago against Corey Kluber, who would make another start on short rest and try to become the first pitcher to win three starts in one Series since Detroit's Mickey Lolich in 1968. Chicago delayed its charter flight to Cleveland until Monday night.

In the Wrigley Field clubhouse, a message said: "Halloween costumes are encouraged on the plane."

"We wanted them to have the opportunity to be with their kids today during the Halloween moment," Cubs manager Joe Maddon said.

"After that game last night, believe me, man, I was in no mood to get up and travel today. I think it actually is working out pretty well. We're going to get in at a really good hour, grab stuff to eat and go to bed."

THE ASSOCIATED PRESS

Confident Cubs fans believe in miracles

John Dankanich's plan for the World Series this week is a busy one: After the Chicago Cubs staved off elimination by beating Cleveland, he planned to drive home to Alabama from Wrigley Field, take his son trick-or-treating on Monday, watch Game 6 on Tuesday night and then get back in his car to drive to Cleveland to see Game 7.

He has already bought his ticket for a Wednesday night game he is positive will happen.

"They're going to win and I'm going to Cleveland," the 38-year-old engineer said Monday as he drove south to Huntsville after attending Sunday night's 3-2 win by the Cubs that trimmed Cleveland's Series lead to 3-2.

After years of waiting to see what new and exotic way their team would fall short, Chicago fans are a decidedly confident bunch this fall.

As chants of "Cubs in Seven" reverberated around Wrigley on Sunday night, fans said they firmly believe the Cubs will become just the sixth team in history to overcome a 3-1 Series deficit.

Never mind that they would also be first team to do that since the 1985 Royals and the first to do it by winning Games 6 and 7 on the road since the 1979 Pittsburgh Pirates.

"This is the year to believe, this is the year of miracles," said Marilyn Hnatusko, who attended Game 3 of the Series last Friday.

THE ASSOCIATED PRESS

NFL

Veteran receiver Johnson calls time

Andre Johnson called Tennessee coach Mike Mularkey, asking if they could talk Monday morning. After 14 NFL seasons, the man with more catches than anyone else currently playing had made up his mind. Time to retire.

"He said he's been contemplating it for weeks and his heart was not in it," Mularkey said Monday. "This is a tough business to be in when your heart's not in it."

The 35-year-old receiver was nowhere to be found, apparently not ready to publicly discuss his decision. He was not available on Monday and did not release a statement through his agent or the team.

A seven-time Pro Bowl wide receiver, Johnson spent the first 12 seasons of his career with the Houston Texans who

“

Great person, great career and I hate to see him step away but I'm proud of him

Gary Kubiak, who worked with Johnson in Houston

made him the No. 3 overall pick in the 2003 draft out of Miami. Tennessee had been his third team in as many seasons after Johnson spent 2015 with the Indianapolis Colts.

Johnson finishes his career among the best receivers in NFL history. He ranks ninth all-time with 1,062 catches and 10th with 14,185 yards receiving and also had 70 touchdowns. THE ASSOCIATED PRESS

NBA

DeRozan's tricks and treats tame Denver



DeMar DeRozan shoots past the Nuggets' Wilson Chandler at Air Canada Centre on Monday. JON BLACKER/THE CANADIAN PRESS

DeMar DeRozan poured in 33 points while Kyle Lowry added 29 and the Toronto Raptors held on to beat the Denver Nuggets 105-102 on Monday.

Jonas Valanciunas added 12 points and nine rebounds, while DeMarre Carroll finished with 10 points for Toronto (2-1), who led by as many as 18 points early in what would turn into a nail-biter.

It was another record-setting night for DeRozan, who became the first player in franchise history to start a season with three consecutive 30-point games.

Danilo Gallinari, Will Barton and Emmanuel Mudiay had 16 points apiece for Denver (1-2).

The Raptors let an 18-point lead slip away in third quarter, and when Jameer Nelson drilled

a three-pointer with six seconds left in the frame, it cut Toronto's advantage to just two points. DeRozan replied with a turnaround jumper at the buzzer to send the Raptors into the fourth with an 88-84 advantage.

Canadian Jamal Murray launched a long pass to a wide open Wilson Chandler, whose three gave the Nuggets their first lead of the

game. Nelson drained another three and Denver led by four points with 7:53 to play.

DeRozan and Lowry instrumented an 13-5 run, capped by a Lowry driving layup with 45 seconds that put the Raptors up by three. Gallinari and Mudiay had three-pointers bounce off the rim to guarantee Toronto's victory. THE CANADIAN PRESS

MONDAY At ACC

105 **102**
RAPTORS NUGGETS

RECIPE White Chili



PHOTO: MAYA VISNIVEI

Ceri Marsh & Laura Keogh
For Metro Canada

For obvious reasons, this isn't your average chili but it can go toe-to-toe with any beefy bowl you throw at it. That's a promise.

Ready in 55 minutes

Prep time: 10 minutes
Cook time: 45 minutes
Serves 4

Ingredients

- 1 lb. chicken breast, cut into inch cubes
- 1 onion, diced
- 2 or 3 garlic cloves, minced
- 2 x 14 oz cans of cannellini beans
- 2 cups low-sodium chicken stock
- 2 Tbsp lime juice
- 1 tsp cumin
- 1 tsp oregano
- 1 Tbsp chili powder
- 1 cup Greek yogurt
- salt and pepper to taste
- 1/3 cup fresh cilantro for garnish

Directions

1. Brown the chicken over medium heat in small batches — don't worry about cooking it through, just get some nice colour going.

2. Remove from the pan and place on a plate. Set aside.

3. Sauté the onions and garlic until they start to smell fantastic. Now add the spices and let them cook for a minute or two. Add the beans, broth and mix in the chicken. Let simmer for about 20 minutes.

4. Turn the heat down and stir in the yogurt. Now add the lime juice and have a taste to check the seasoning. Add a little salt and pepper if it needs it.

5. Serve with a good sprinkling of cilantro.

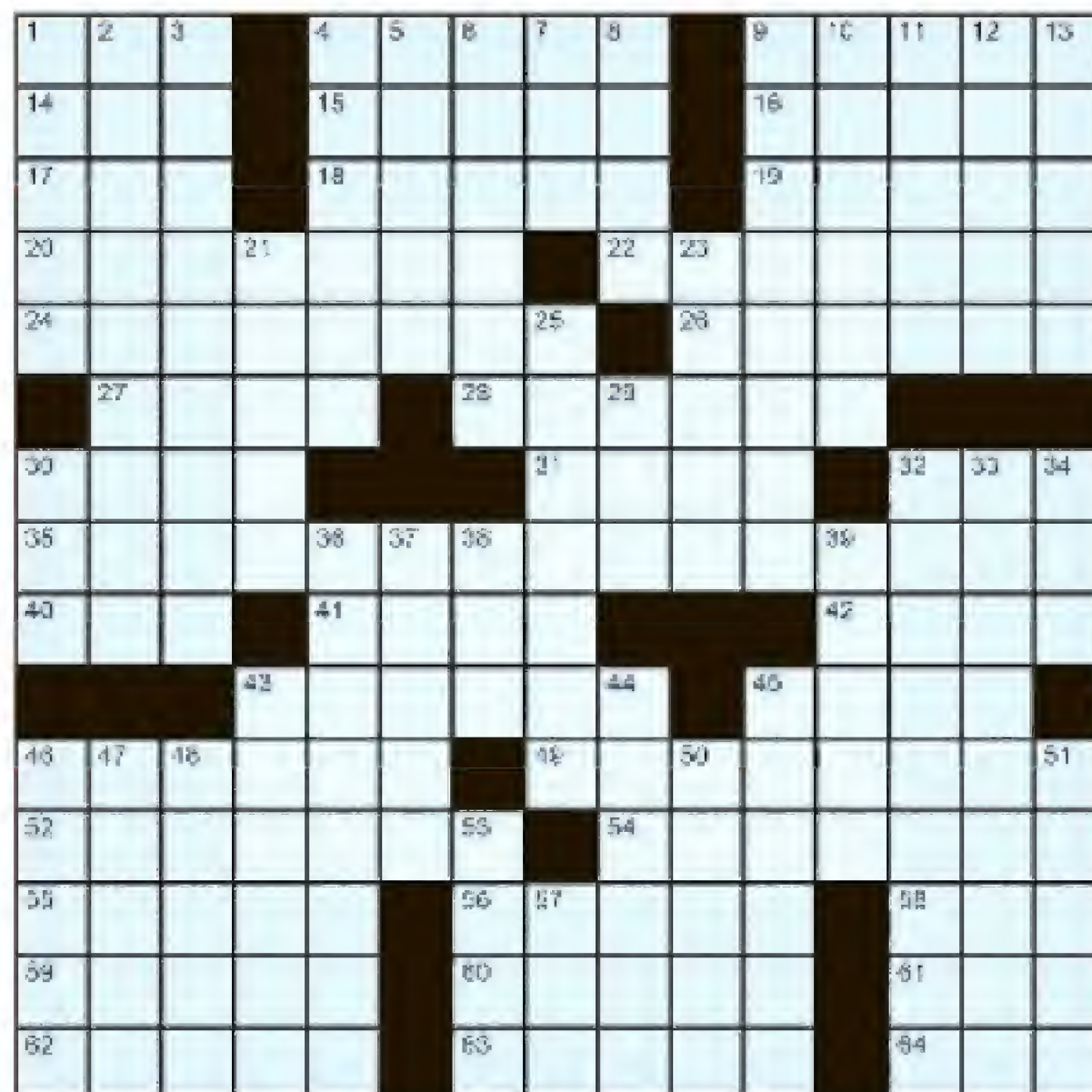
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "I ___ Rock" by Simon & Garfunkel
4. "Mad Men" gig
9. State of conflict
14. Used to be
15. Jeweller's eye piece
16. "(Get Your Kicks on) ___ 66" by The King Cole Trio
17. State-of-the-___
18. Pitchers
19. Cholera
20. Everest endeavour equipment: 2 wds.
22. Silver-___ (Eloquent)
24. Fajita need
26. Seizes control
27. Icky-___ (Yuckies)
28. Ask people to the party
30. Take part
31. Martial Arts practicing centre
32. Ms. Peeples
35. Nova Scotia: Multi-purpose cultural complex (theatre, market, conventions) in downtown Dartmouth: 2 wds.
40. Negatives
41. Big slice of the cake
42. "This is fun!"
43. ___ of error
45. Hide
46. Gets eight hours
49. Hobby plane creator
52. Landline telephone part
54. 1958 Jimmy Stewart/Kim Novak classic directed by



Alfred Hitchcock
55. Sound
56. Clinging wall vines
58. ___ Paulo, Brazil
59. Apprehension
60. ___ Bonnet, Manitoba
61. Exploder
62. Too soon

63. Hair lock
64. Aves.

DOWN

1. Pend
2. Historic mercantile traveller from Venice: 2 wds.
3. Sun's rocky orbiters
4. "Gilmore Girls" star Ms. Bledel
5. Carpentry pin

6. Oatsy dried fruit mix
7. Prime Minister Lester B. Pearson's birthday, __, 23rd, 1897
8. Up-in-a-tree sight
9. Emmy-winning "Breaking Bad" star Bryan

10. Sophisticated seat, Chaise ___
11. Prognosticate
12. Let the tea sit
13. Grazing groups
21. Repent
23. "___: Origin of Evil" (2016)
25. Canadian singer of 1974 chart-topper "Rock Me Gently": 2 wds.
29. Li'l loudness
30. Yr. starter
32. Supreme skeptics
33. Unrefined
34. Living thing's number
36. "I Will Play a ___" by Burton Cummings
37. "General Hospital" occupation
38. One official lang. in Canada
39. Brooded
43. In the centre
44. Beginner
45. Against
46. Cover from the sunshine
47. "Little House on the Prairie" daughter
48. "Bart" add-on (Woody on "Cheers")
50. Feats
51. Beginnings
53. Lean
57. Mixed bag [abbr.]

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be realistic in your financial dealings today, because you are inclined to give away the farm. Don't forget to cultivate a healthy self-interest.

Taurus April 21 - May 21
Relations with others are warm and cozy today, because there's an easy camaraderie between you. There also is a sense of mutual empathy and understanding.

Gemini May 22 - June 21
Someone might approach you for advice at work today. Perhaps he or she just needs a sympathetic ear? Whatever the case, you will do what you can to help.

Cancer June 22 - July 23
Today you are in touch with your creative vibes. Explore ways to express your artistic talents. Many of you feel sympathetic toward children today.

Leo July 24 - Aug. 23
Today a family discussion will be heartfelt and sincere because you feel genuine concern for someone. It's a good day for this kind of discussion, because you are sensitive to what others need.

Virgo Aug. 24 - Sept. 23
You might spend a lot of time today daydreaming or being lost in a fantasy. That's OK, because we all need time to envision our Walter Mitty dreams.

Libra Sept. 24 - Oct. 23
Be careful with your finances today, because you might give away too much or feel so sympathetic to someone that you ignore your own needs. Try to keep a healthy balance.

Scorpio Oct. 24 - Nov. 22
You are tuned into the wants and needs of someone close to you today. That's why any discussion that you have with this person will be sensitive and meaningful.

Sagittarius Nov. 23 - Dec. 21
Something going on behind the scenes might be secretive today, or perhaps you will discover a secret. Whatever the case, things are mysterious and hidden.

Capricorn Dec. 22 - Jan. 20
It's easy to idealize a friend today or put someone up on a pedestal. In the long run, this generally leads to disappointment. Try to see others in realistic terms.

Aquarius Jan. 21 - Feb. 19
Someone in a position of power might feel sympathetic to you today and want to help you. Or perhaps you are the person who wants to help someone else.

Pisces Feb. 20 - March 20
Because your appreciation of beauty is heightened today, enjoy art galleries, museums, beautiful parks and gorgeous, architectural buildings. See the beauty in your world.

CONCEPTIS SUDOKU by Dave Green

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COMPLETE THE FOLLOWING CHECKLIST TO HELP
PREVENT CARBON MONOXIDE IN YOUR HOME.

- ☐ Fuel-burning appliances (furnace, hot water heater, fireplace, natural gas range, etc.) checked by a qualified technician regularly according to manufacturers' specifications.

Last inspection (date): _____

- ☐ Furnace filter checked monthly and replaced (if necessary).

Date last replaced: _____

- ☐ Indoor and outdoor vents and chimneys cleared of debris, snow and ice (if necessary).

- ☐ Area around fuel-burning appliances clutter-free.

- ☐ Flame of all natural gas appliances checked regularly (it should be blue).

- ☐ Adequate air supply (nearby window opened) when using a wood-burning fireplace.

- ☐ Vehicles never idled in garage, even with the overhead door open.

*Properly installed and maintained carbon monoxide
detectors will help to detect carbon monoxide.*

COMPLETE THE FOLLOWING CHECKLIST FOR
CARBON MONOXIDE **DETECTOR(S)** IN YOUR HOME.

- ☐ CO detector(s) installed and maintained according to manufacturers' instructions.

- ☐ Expiry date written on CO detector(s) with a marker.

Date of expiry: _____

- ☐ CO detector(s) battery replaced annually, if applicable.

- ☐ CO detector(s) vacuumed monthly.

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detector for their home.